

BUILDING STRESS

FEEL

YOU



- . Projects . Deadlines . Schedules .
- . Workload . Overload . Planning . Lists .
- . Shopping . Buying . Cooking . Driving .
- . Traffic . Traveling . Economy . Kids .
- . Parents . Classes . Parties . Events .
- . Run here . Drive there .

Get moving. Get going. Get it done!

Before, during and after the holiday season,
stress may build from a number of causes.

Stress can happen anytime of the year.

Visit the State of Vermont Online University to take our online course in

Stress Management.

It won't take a lot of your time, and you'll learn to manage and deal with
stressful situations in *and* out of the workplace. In 30 minutes or less you'll learn
the different types of stress, the effects of stress, warning signs,
and ways to control and relieve stress.

Train Any Time! Any Place! Any Pace!

Visit http://humanresources.vermont.gov/training/the_summit/online_courses

